

Assessments and therapeutic supports

Clinical assessments may be used to assist the Registrar make a Banned Drinker Order, they may also be used to assess the need for therapeutic support and Banned Drinker Order reduction.

Overview

- A clinical assessment will take approximately 2 hours and includes a health check, a full alcohol history and a biopsychosocial assessment of the person.
- A qualified Alcohol and other Drug clinician conducts assessments.
- The assessment will determine what therapeutic support is best suited to each person's situation.
- A person does not have to undertake an assessment or the recommended therapeutic support.
- Not undertaking the recommended therapeutic support means certain bans cannot be reduced.
- A person may access an assessment at any time even if they are not on the BDR.

What is involved in a clinical assessment?

A clinical assessment will involve taking a person's full alcohol use history as well as undertaking a biopsychosocial assessment and health check of the person. This can include health checks such as blood tests, cognitive tests and consideration of underlying chronic health conditions, and seeking information on the home and support system of a person.

The assessment takes around 2 hours to complete.

When is a clinical assessment required?

A person who goes onto the BDR will be able to access an assessment through the BDR Registrar's office, if they would like to consider undertaking a therapeutic support and/or having their ban time reduced.

A person can choose to undertake an assessment at any time even if they are not on the BDR or have already completed a ban.

What if a person refuses to undertake an assessment?

A person will not be forced to undertake an assessment. In the case of authorised person referrals, not attending the assessment will not prevent a person from being put on the BDR if the BDR Registrar determines on the weight of the evidence that they should.

What is therapeutic support?

Therapeutic supports can include a range of psychosocial interventions therapies from counselling to residential rehabilitation. Therapy can include motivational interviewing, cognitive behavior therapy, relationship counselling; relapse prevention and coping skills training, anger management courses, social and emotional wellbeing programs.

The clinical assessment will determine what therapeutic support is best suited to each person's situation and recommend suitable therapy.

What happens if a person does not finish their therapeutic support program as recommended?

They will not be eligible to reduce their ban.

Can a person source their own therapeutic support to reduce their ban?

A person can organise their own therapeutic support. If they wish to have their ban time reduced, they will need to provide evidence to the BDR Registrar of participation in and completion of a suitable therapeutic support.

Can a person be detained while undergoing a therapeutic support?

No.

How does a person access an assessment or therapeutic supports?

More information on seeking an assessment or therapeutic support is available online at:

www.banneddrinkerregister.nt.gov.au and needs to be emailed to BannedDrinkerRegister.doh@nt.gov.au

Assessment and therapeutic supports overview

